



Department of Veterans Affairs

Central Texas Veterans Health Care System
1901 Veterans Memorial Drive
Temple, TX 76504

News Release

FREE FLU SHOTS OFFERED BY VA

The flu season is almost here again and the VA will be offering free flu shots and walk-in flu clinics in Temple and Waco for all veterans from October 12, 2004, thru November 19, 2004. No appointments are needed for these clinics and there is no cost to veterans enrolled in the Central Texas Veterans Health Care System (CTVHCS). Spouses and dependents of veterans, who are TRICARE eligible and enrolled with CTVHCS, are also eligible to obtain a flu shot at the Austin Outpatient Clinic. Spouses and dependents of veterans who are CHAMPVA and registered at Central Texas Veterans Health Care System are eligible to obtain flu shots at the Temple, Waco, and Austin Outpatient Clinic.

In Temple and Waco, walk-in flu clinics will be open Monday–Friday, from 8 a.m. to 3:30 p.m. In addition, on Wednesdays at Temple, the clinic will be open from 8 a.m. to 6 p.m. The Temple flu clinic will be located at the Temple VA in the Teague Tower, Primary Care area, Room 1B101.

In Waco, the flu clinic will be located at the Waco VA in Building 4, Primary Care area, Rm. BA165.

Free flu shots are also available at any CTVHCS Community Based Outpatient Clinic. For more information call toll free at 1-800-423-2111 and ask for the flu clinic/primary care clinic at the Outpatient Clinic of your choice, or visit our website at www.texvet.com.

You should get a flu shot if you are:

- ❖ 50 years old or older.
- ❖ Have a health problem such as heart or kidney disease, diabetes, asthma, lung disease or any other chronic illnesses.
- ❖ Suffer from a long-term illness that keeps you from fighting infections, such as cancer, or HIV/AIDS.
- ❖ Live with, or care for, others who are at high risk of serious illness.
- ❖ Will be at least 3 months pregnant during flu season (Nov – April)
- ❖ Want to lower your risk of getting the flu.

Free Flu Shots Offered at VA 2/2/2

Don't get the flu shot if:

- ❖ You are allergic to eggs
- ❖ Sick with a fever at the time of the shot

Myths and facts about the shot:

- ❖ **Myth:** The shot can give you the flu.
- ❖ **Fact:** Flu shots are made from killed influenza viruses. They cannot give you the flu.
- ❖ **Myth:** The side effects from the shot are worse than the flu.
- ❖ **Fact:** The worst side effect you're likely to get is a sore arm.

Facts about the flu:

- ❖ **Fact:** More people die from the flu than from any other vaccine-preventable disease.
- ❖ **Fact:** Each year about 114,000 people in the U.S. are hospitalized because of the flu.
- ❖ **Fact:** Over 36,000 people in the U.S. die each year because of the flu....most are over 65 years old.

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Central Texas Veterans Health Care System

Walk-In Flu Clinics:

Temple and Waco
October 12 - November 19
Monday - Friday
8 a.m. - 3:30 p.m.

For information Call :

254-778-4811 or 1-800-423-2111 &
Select your Primary Care Team

Austin OPC & Community Based Outpatient Clinics

For information call:

1-800-423-2111 & ask for one of the
clinics below or call the clinic directly at:

Austin: (512) 389-1010
Brownwood: (325) 641-0568v
Cedar Park: (512) 260-1368
College Station: (979) 680-0361
Marlin: (254) 883-3511
Palestine: (903) 723-9006